

Tips for Childhood FOOD ALLERGY SAFETY

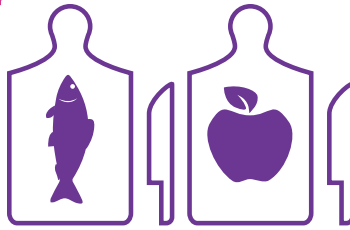
Help your child with food allergies stay safe by avoiding allergens and creating a safety plan to share with others.

READ food labels



Read labels every time. Ingredients can change without notice.

AVOID cross-contact



Keep cutting boards and utensils separate and clean.

SHARE your plan



Your child's plan should include the steps to take if there is an allergic reaction.

PROVIDE medication



Know your child's allergy medication dose. Keep it close by.

TEACH your child



Remind your child not to share food or utensils and to ask an adult before eating.

Children who have trouble breathing or lose consciousness may be experiencing a severe, life-threatening reaction called anaphylaxis. Inject epinephrine immediately. Call 911 and get medical help right away.

Talk to your health care provider if you have questions about your child's food allergies. If you are breastfeeding, ask your child's allergist, WIC dietitian and lactation consultant if you need to make changes to your diet. Visit www.foodallergy.org for more information.



SCAN ME

Scan the QR code to learn more about food allergies.

ALLERGY PLAN

Post your child's allergy plan on the fridge for others to see. Make copies for other caregivers.

Child's name:

Allergic to:

Foods to avoid:

Typical symptoms they experience:

Weight - Age - Date of Birth:

Allergy medications and doses:

Caregiver name(s):

Phone number(s):

Health care provider name:

Phone number:

What to do if there's an allergic reaction:

If _____ is having trouble breathing or loses consciousness,
it may be due to a severe, life-threatening reaction called anaphylaxis.

Inject epinephrine immediately. Call 911 and get medical help right away.



This institution is an equal opportunity provider.
© 2022 All rights reserved.
Stock no. 13-06-16653 Rev. 5/22